

Set SMART goals

Give each group an envelope containing one of the S.M.A.R.T. goal criteria, including an explanation of the criterion and instructions on how to change a goal to make sure it meets that criterion.

The criteria is: Specific, Measurable, Achievable, Relevant and Timely.

S

Specific

What will your goal achieve?

Ask: Who, what, where, when and why?

M

Measurable

How will you measure your success?

Ask: How will you know when your goal is complete?

A

Achievable

Is your goal realistic and achievable?

Don't set yourself a goal that's too easy or too difficult to complete.

Look at your current situation and make sure you have what you need to achieve.

Ask: Is it easy or difficult?

Do you have everything you need?

R

Relevant

Is your goal relevant to you?

Ask: Is your goal worthwhile for you?

How will it make a positive change in your life?

T

Timely

Do you have a set start and end date?

Ask: What are your daily, weekly, monthly steps?